

# Back Safety: The Ergonomic Connection

**Audience:** For all workers

**Average Training Time:** Average - 20 to 40 minutes

**Format / Product Code:** CD-ROM (MPEG Video)/ *STBSEMPG*

**Produced by:** Mastery Technologies, Inc.

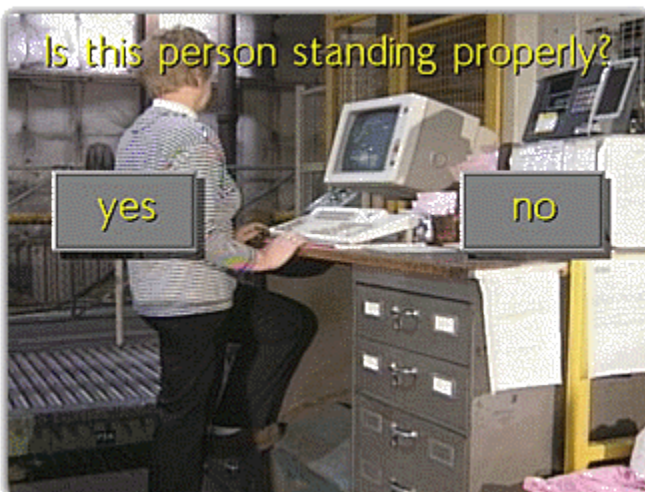
**Mastery interactive version based on original video content produced by:** Summit Training Source, Inc.

## OVERVIEW

“Back Safety: The Ergonomic Connection” will help reduce back injuries due to cumulative trauma disorders.

This broadcast-quality production features dynamic animations and many examples to explain ergonomic solutions to prevent back disorders. The course encourages workers to use proper body mechanics and lifting techniques.

When your workers take this course, they will participate in twenty-one evaluations and interactive activities.



## TOPICS

The course presents interactive instruction covering the following topical areas:

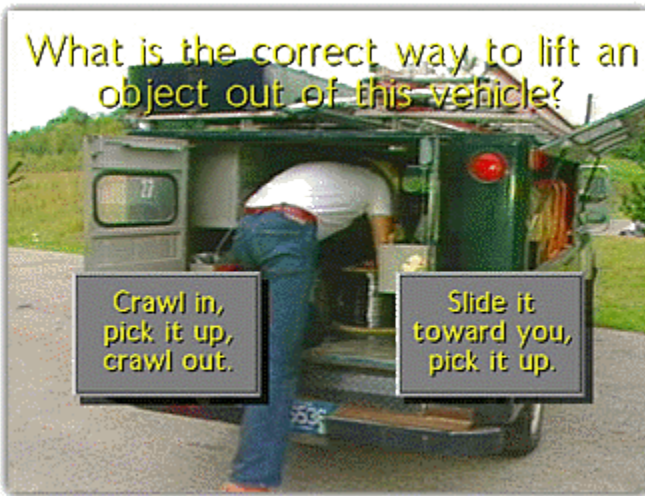
### How Your Back Works

- Causes of Back Injuries
- Ergonomics
- How the Back Works

### Physical Condition And Posture

- Ten-to-One Ratio

- Effects of Poor Condition and Posture
- Correct Posture



### **Body Mechanics**

- Effects of Twisting and Bending
- Proper Body Mechanics

### **Proper Lifting Techniques**

- Proper Lifting
- Other Measures to Reduce Injuries

## **PERFORMANCE OBJECTIVES**

This course will measure mastery on each of the following performance objectives. Upon completion, workers will be able to...

### **Explain how the back works**

1. Explain what Ergonomics is.
2. Explain how the back works.
3. Recognize causes of back disorders.

### **Relate the effects of physical condition and posture**

1. Demonstrate the significance of the 10-to-1 ratio.
2. Identify effects of physical condition on the back.
3. Explain the purpose of proper posture.

### **Relate how body mechanics affect the back**

1. Identify effects of twisting and bending.
2. Explain measures to prevent twisting and bending.
3. Explain how heavy physical labor affects the back.

### **Lift properly**

1. Explain how to properly lift objects.
2. Identify ways to reduce the risk of back injuries.